

14th Annual CASSEL'S XBC TRACK EXPERIENCE

When: Saturday, April 27th, 2019

Where: CHANTILLY HIGH SCHOOL 4201 Stringfellow Road Chantilly, VA 20151

Field Events: There will be three attempts given to athletes in the long jump, triple jump, shot put, and the discus throw. Finals for the top seven will follow each event. Flight order in these events will go from lowest seeds to the highest seeds. Opening heights: BHJ: 5' 6"; GHJ: 4' 6"; BPV: 8' 6"; GPV: 7' 0"

Track events: Heat order will be fastest seeded section first. The performance lists will be posted on www.milestat.com and www.chargercctrack.com prior to the meet.

Lunch: There will be lunch provided to coaches and officials at 12:30 pm on Saturday.

Awards: Medals will be given to the top 6 per event/ top 3 relay teams. A team trophy will be presented to the boys and girls winners and runners up overall. A Boys and Girls Running and Field MVP award will also be selected.

Results: Results and pictures will be posted at www.milestat.com and www.chargercctrack.com.

T-Shirts: Shirts will be sold for \$15 each throughout the meet.

Concessions: A variety of hot & cold concessions throughout the meet.

Admission: \$7 per person, free for children 5 and under, or senior citizens.

NOTE: All Heats (for running events only) will go from top-seeded to lowest seeded athletes. As mentioned, throws and horizontal jumps will go from lowest seeds to the highest seeds, followed by finals. Coaches, please enter your athletes at realistic seeds to ensure that the best athletes have the opportunity to compete against one another. All events will go on a rolling basis.

MORNING EVENTS:

7:30 Registration begins; Weigh-in for pole vaulters.

8:15 Coaches Meeting

8:30 Girls Shot Put followed by Boys Shot Put

Boys Discus followed by Girls

Girls Long Jump followed by Girls Triple Jump

Boys Long Jump followed by Boys Triple Jump

9:00 Boys High Jump followed by Girls High Jump

Girls Pole Vault followed by Boys Pole Vault

8:30 Girls 3200m Run

9:15 Boys 3200m Run

10:00 Girls 100 Meter Low Hurdles

10:20 Boys 110 Meter High Hurdles

10:40 Girls 400 Meter Dash

11:00 Boys 400 Meter Dash

11:20 Girls 1600m Run (unseeded heats- top 2 in afternoon)

11:35 Boys 1600m Run (unseeded heats-top 2 in afternoon)

12:15 " Yes We Can" 55m Dash

Chantilly HS Alumni 1 Mile Run

12:45 PM (Singing of national anthem; presentation of Boone Cox Memorial Scholarship)

Girls 4x800m Relay

Boys 4x800m Relay

Girls 100m Dash

Boys 100m Dash

Girls 1600m Run (top 2 heats only)

Boys 1600m Run (top 2 heats only)

Girls 4x100m Relay

Boys 4x100m Relay

Girls 300m Hurdles

Boys 300m Hurdles

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls Freshman 1600m Run

Boys Freshman 1600m Run

Girls 4x400m Relay

Boys 4x400m Relay